



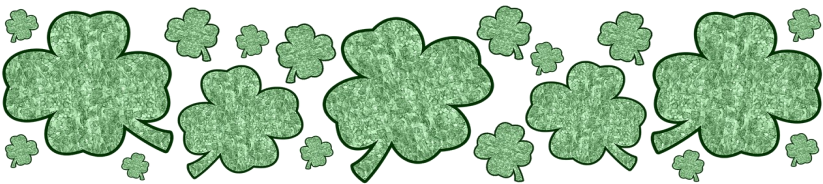
DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2020

Accept what is,
Let go of what
was,
And have faith
in the future.



REMEMBER DAYLIGHT SAVINGS TIME

Sunday, March 8th

Set your clocks forward one hour.

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulldayservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES



**Crossword
Puzzle**



Karaoke



Drum Therapy



**Manicures for
Men &
Women**



**Tuesday's
Poker with
Tony**

**Monday's at 1:00
Autobiography:
Lawrence Welk
Cole Porter
Glenn Miller**

**Tuesday's at 1:00
FCC presents
Tour of Bulgaria**

**Wednesday Mornings
Daily Chronicle**

**Friday, 3/13
Music w/Pickin &
Grinnin**

**Tuesday, 3/17
Happy St. Patricks Day
Wear Green
Shamrock Dance w/New
Life Christian School**

**Thursday Mornings
Crafters Corner**

**Friday Mornings
Karaoke**



Bowling



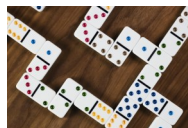
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

March greetings! Even with the extra day, it seems that February flew by. There was lots of love here at Daybreak as we celebrated all things Valentines. We are gearing up for St. Patrick's Day and a lucky March! We are taking a chance on the weather and holding our Annual Spaghetti Dinner early this year: Friday March 6. This delicious, all you can eat feast is a fundraiser to support our programs. Ann's sauce is delicious and the company is great. The prices are low, and all proceeds are used to directly benefit our participants, whether through our subsidy program or to purchase supplies or items for the center. Please help spread the word and share the enclosed flyer or hang it at work, school, church, Facebook, etc. If you need another flyer or want the electronic version, please call Gwendal!

As you will read inside, we have a few staff changes coming up. Change can be hard as we say good bye to people or ways of doing things that we are comfortable with. But change also brings the promise of potential; new relationships and new adventures. Though I will miss the staff who are leaving very much, I am excited about the new candidates that we have hired and look forward to welcoming them in to our Daybreak family. They will come with many years of people experience, with ideas for how something could be done a little differently, and with questions that will prompt us to reflect on our own systems and assumptions. Some change can be good!

Did you read our cover-quote this month? It wasn't until I sat to write this article that I realized how versatile it could be. I thought it might be helpful to caregivers, but as I finished the last paragraph, I realize it has further implications. It was shared by a member of our caregiver support group. He has it posted at home and recites it for himself each day, an affirmation that helps him take on the what-will-comes with a little different perspective. Think about how that affirmation may help you get through your days as a caregiver, a person struggling with the changes of age, or anyone living this life.

Accept what is. Let go of what was. Have faith in the future.

Here's to our collective future. We are in it together.



Fondly, Christina

Community News and Notes

The Frederick County Senior Services Division 301-600-1234

AT THE SENIOR CENTER

March 6, 2020 Groceries for Seniors - 1-2 pm at the Frederick Senior Center, 1440 Taney Ave. This is an incredibly easy way for a senior to stretch their food budget. Drive through and get a great selection of fresh and canned food. Call 301-600-1234 for more information.

March 20 2020 Circle of Friends...Memory Café and More - 11:30 a.m. until 1 p.m. At the Frederick Senior Center. Memory Cafe is a safe and relaxed place where individuals with memory challenges, caregivers, family and friends can come together to share a meal, friendship and activity. This is a great place for caregivers and those they care for to connect with others in a fun and friendly format. Call 301-600-6001 for more info or to RSVP.

Dementia Live. This program has been discussed in our support group a great deal and those that have gone strongly recommend it for anyone who wants to better understand what someone with dementia is going through. Various times and locations, preregistration is required by calling 301-600-6022

April 29 5-7pm Frederick Senior Center

May 12 6-8pm Thurmont Library

June 9 5-7pm Urbana Senior Center

June 10 11:30-1:30pm Walkersville Library

July 17 10am-12pm Emmitsburg Senior Center

Sept 15 1-3pm Brunswick Senior Center

FY 2020 Respite Funds – Apply now to receive a reimbursement of \$700 for money you have spent on care for your loved one. This could be care here at Daybreak, at home, or elsewhere, either by a paid professional, family member, or friend or medical costs or supplies. The application is easy. Please call or email Cheralee or Christina to have an application sent to you, or you can contact the Caregiver Support Program at the Division of Senior Services directly: 301-600-6001.

IN THE COMMUNITY

Wellness Classes at Frederick Health

These classes are a great way for CAREGIVERS to take care of themselves!!

Stepping On- Stepping On leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid falling. Stepping On workshops meets for 2 hours every week for 7 weeks. Tuesdays, April 7- May 19 from 2-4 p.m. Toll House Classroom, 501 West 7th Street. Call 240-566-4862 or CDSMP@fmh.org for more information.

Living Well with Diabetes- Living Well with Diabetes is a peer-led, community-based intervention that helps individuals with diabetes or pre-diabetes learn how to manage and improve their health. Classes run for 2 and half hours for 6 weeks. Mondays, April 6- May 11 from 2-4 p.m. Toll House Classroom, 501 West 7th Street. Call 240-566-4862 or CDSMP@fmh.org for more information.

IN THE STATE AND BEYOND

Senior Call Check- The Maryland Department of Aging is excited to share the news about a recently launched program called Maryland Senior Call Check. Maryland is the first state in the country to start a FREE, opt-in, telephonic service to check on Maryland's older residents, all across the state. Senior Call Check is a FREE service available to adults 65+ in Maryland. Receive an automated daily call at a time you designate. After three attempts and no answer, they will contact your alternate person to check on you. Registration is easy – online or over the phone! <https://aging.maryland.gov/Pages/senior-call-check.aspx>

NURSES NOTES



There has certainly been much in the news recently about the coronavirus, COVID-19. Be assured that we are closely monitoring information from the Frederick County Health Department and the CDC to make sure that we are aware of what is happening in our community and abroad and considering the impact that this disease could have on our participants and our center.

We are also closely monitoring a more pressing local threat in the form of the flu. Though flu cases tend to decline in March and April, Frederick has seen an uptick. We have had one of our participants recently test positive for influenza A. You can help us control the spread of these and other infectious respiratory diseases by doing the following:

- ***MOST IMPORTANTLY: Keep your loved one home if they are sick.** First of all, they will be much more comfortable in their own space. Second, we do not want their germs here to risk infection to other participants or our staff. A participant should be symptom free (no fever, no productive cough, no diarrhea, no vomiting) for at least 24 hours (sometimes 48) without the use of symptom-reducing medication).
- *Make sure that your loved one (and you) are washing your hands often with soap and water for at least 20 seconds (sing Happy Birthday twice to mark the time). If soap and water are not available, use an alcohol-based hand rub.
- *Avoid touching eyes, mouth and nose with unwashed hands.
- *Cover coughs and sneezes with a tissue, then immediately discard the tissue in the trash and wash hands. If a tissue is not available, cough or sneeze into your elbow.
- *Clean and disinfect frequently touched objects and surfaces. This includes walker, cane and wheelchair handles, door knobs, TV remotes, cell phones, etc.

Please keep the nursing staff updated if your loved one is ill, has been to the emergency room or urgent care, or is taking medication to treat a cold, flu, or other virus or infection. Likewise, we will contact you immediately if your loved one becomes symptomatic while here. We will keep

them comfortable in our “sick room” but respectfully request that if we call you to pick them up, you do so promptly. So many of our participants have compromised immune systems because of age and various medical conditions. Help us keep everyone safe by doing your part.

Please call me if you have any questions or concerns.

Sincerely,

Chris Grable RN
Health Director



OUR CONDOLENCES



To the friends and family of

*Maria Dixon
Dorothy Humphrey*

They will be missed.



MEMORIAL DONATIONS



Families who have benefited from the services of Daybreak may be looking for opportunities to keep the memory of their loved one alive. One way to do so is to give a memorial donation to Daybreak in your loved one's name, or to designate that memorial donations from family and friends be sent to Daybreak. Daybreak is a non-profit 501c3 and donations are tax deductible. Donations made in memory of a participant will be acknowledged to the donor and to the family. Donations are used to support program needs and the scholarship fund. If you are interested in making a memorial gift or want to learn more about these tax-deductible contributions, please contact Christina at director@daybreakadulthoodservices.org.



From the Social Worker

Worried about Wandering?

According to the Alzheimer's Association, "six in ten people with dementia will wander." Wandering can be a problem behavior associated with cognitive disorders. Someone you love has wandered from home in search of something or someone. They may be disoriented to their surroundings and unable to find their way back. This loved one is now lost and alone and you are distraught because you do not know where they are or if they are in danger. How can you stop wandering from endangering your loved ones?

WebMD offers these tips:

1. Secure your home with extra locks (high or low but out of sight) and/or hang bells on the door or camouflage the door with a curtain.
2. Always have your loved one wear ID (medical jewelry, name written on clothing, temporary tattoo).
3. Have them wear bright colors (easier to spot in a crowd/from a distance).
4. Install a fence with gates that can be locked (they can get fresh air with less danger).
5. Use tracking devices (Some sound an alarm on both the bracelet and a base unit when the person gets too far away. Others are services that charge a monthly fee and use devices to pinpoint the person's location. The company can track mom and will work with local law enforcement, or the organization Project LifeSaver, to get her back to you.)
6. Know your neighbors (they may spot dad and intervene to save him before he gets too far).
7. Put up signs (STOP, Do Not Enter --these may be enough to stop the behavior).
8. Increase physical activity during the day so your loved one is more tired at night and less apt to wander.
9. Set up a sleep schedule for night time sleeping (avoid day time naps and caffeine so your loved one sleeps at night).
10. Try to identify the cause of the wandering (if mom is going to look for a snack, try leaving a snack on her night stand).

The good news is that there are tools to help:

Project Life Saver: According to ProjectLifeSaver.org, they “use public safety agencies to rescue “at risk” individuals who are prone to the life threatening behavior of wandering.” Their mission is to “save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition.” The Frederick County Sheriff’s Office oversees this program; they can be reached at 301-600-1046.

MedicAlert® + Alzheimer's Association Safe Return®: According to www.alz.org, this “nationwide emergency response service provides 24-hour assistance.” If a person wanders and gets lost, caregivers call the 24-hour emergency number (800-625-3780) to report it, so a community support network is alerted to help reunite the person who wandered with the caregiver. Once law enforcement or a Good Samaritan finds the person with dementia, they call the number listed on the person's ID jewelry. MedicAlert + Safe Return then notify the family/caregiver so the person can be returned home. MedicAlert + Safe Return provide the ID bracelet or necklace that is to be worn by the person with dementia. They also offer Comfort Zone which is a Web application that includes a location-based mapping service. Register online at www.medicalert.org/safereturn or call 888-572-8566. There is a fee for this service, but financial aid may be available.

Another option is Tile Mate (\$20) which is a small Bluetooth tracker that you can attach to their clothing (thetileapp.com); use the app on your smart phone to track their whereabouts.

If you have questions about wandering or are looking for more information, please let me know. Wishing everyone a happy and healthy spring! ~Cheralee Von Ancken, LCSW-C

SAVE YOUR DOCUMENTS

Tis the season to be getting all of your tax documents. Don’t forget that if your loved one is receiving a subsidy, or will need one in the new fiscal year, I am going to be asking you for income verification documents in April/May. Please save them as they arrive in the mail and put them in a place that you can access them easily!



Staff News and Notes

Anniversaries

Happy 2 year anniversary to fill-in driver Bob Roberson. Bob knows every route and every participant! He has been so generous with his time, filling in regularly for drivers who need time off. Thank you Bob!!

Farewells

We've got some big losses this month. We say farewell to longtime aide Amy Vanderhuff. Amy is moving on to a new type of work environment and we wish her well, but we sure will miss her. Our aide Maddi is changing her job too. She will still work at Daybreak occasionally, but we won't see her smiling face every day as we are used to. We will miss them both very much. We have hired two new, very experienced aides who will be on board soon!

Changes

We have another big, but only temporary change coming later this month. Our wonderful cook, Ann, is going to be out for about 2 months. While she is out, we will be bringing food in from a caterer who serves other programs like ours. We are looking forward to trying some of the new and different foods that they offer, but no doubt it will be an adjustment for all of us. We wish Ann well and count the days til she gets back!

Spaghetti Dinner Fundraiser to benefit



Friday, March 6, 2020
4:30 – 7:00 PM

Daybreak Adult Day Services
Dine In or Take Out
7819 Rocky Springs Road
Frederick, MD 21702
301-696-0808

All you can Eat!

Spaghetti
Salad w/Dressing
Italian Bread
Chocolate/Vanilla Ice Cream
Iced Tea, Lemonade, Coffee, Tea

Adults (11-64) - \$12.00
Children (3-10) - \$ 8.00
Children Under 3 - Free
Seniors (65+) - \$10.00
No extra charge for Take Out



Activity News



I know I'm probably unusual, but I am still wishing for a nice snow fall even though Spring is just around the corner. There's something so magical to me when snow is falling- for a brief moment the whole world is still. So I'm still hoping :)

After a short break from bus trips during the month of February, we are back in action for March. We will be heading to lunch at Nannie's Diner and Red Robin as well as visiting the Little Red Barn for ice cream and Krispy Kreme for coffee and doughnuts. We had such a response to our indoor luncheons that I am adding two a month to our Activity Calendar. This way those that may find it difficult to leave the center for a trip can still enjoy an "outing". It will also give us the opportunity to include more people than we could given the space constraints of the bus. So far some of the favorites have been Chinese food, pizza, and fried chicken. Several participants have commented to me how much they have enjoyed these luncheons and are thrilled we have added them to the monthly Activity calendar.

February brought several wonderful programs but I would have to say hosting the 1st annual "Sweethearts Luncheon" was by far, in my 25 years of experience, one of the best I have ever had the honor to put together. We invited all of our married couples to join us for a special luncheon here at the center. Seeing the couple's faces when they entered the beautifully decorated room and were seated at their tables was beyond beautiful. Smiles and comments of appreciation made our day. We loved hearing stories of how they met and were amazed by the many years of marriage some of our couples have been together...two had been married for 63 years! After dessert was served each couple got their photo taken in a decorated arch by one of our own participants who is a professional photographer. There was plenty of "LOVE" in the air as laughter, smiles and happy tears filled the room.

In March I will be starting an autobiography series on Big Band leaders such as Cole Porter, Glenn Miller and Lawrence Welk. Pickin' and Grinnin', a dynamic singing and dancing duo will be here to share some musical and comedic entertainment. The Master Gardeners return to make clay pot flower arrangements and our favorite ballroom dancer Garrey will be here to get us moving and grooving.

A couple of updates- I am still working on putting together a Dancing with the Stars Daybreak style and a day at the Opera with professional opera singer Christopher Petrocelli. I will keep you posted as things progress. Lastly, if you have any old tea cups & saucers or tea pots you are no longer using we could use them for our new monthly program Tea and Topics. Till next time, much love!

Kindly, Heather

Activity Director/Volunteer Coordinator

Winter Crafters!



DAYBREAK'S CAREGIVERS SUPPORT GROUP

*Do you ever feel that no one really understands what you are going through as a caregiver? The only ones who truly can are other caregivers. Try out our support group, which is a place for caregivers to share tales, ideas, challenges and just take a breath with others who really get it. We meet the third Monday of each month from 4:30-6:30 at Daybreak. Dinner and care-giving are provided **AT NO COST TO YOU!***

You will have two uninterrupted hours to take a breath, recharge, and refocus. If nothing else, you get to enjoy a great meal and some good laughs while in the company of some really nice folks.

Upcoming Support Group Dates

March 16

April 20

May 18

Please RSVP to Gwenda if you plan to attend.

Valentine's Day Love



New Life Christian school students came to help with games, jewelry making, puzzles and a corn hole challenge. THANK YOU kids!



HAPPY BIRTHDAY

March

- 1st Mike H.
- 11th Beverly S.
- 13th Judy Y.
- 15th Elizabeth P. &
Vernon B.
- 18th Rob H.
- 20th Emogene M.
- 21st Eleanor S.
- 26th Mary W.
- 27th Marian K.
- 30th Michelle W.
- 31st Victor C.

HAPPY
ST. PATRICK'S
DAY!

Daybreak Adult Day Services, Inc.
7819 Rocky Springs Rd.
Frederick, MD 21702

Board of Directors

Dr. Joseph Devadoss, Chairman

Darlene Canfield, Vice Chair

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Member

Peter Melcavage, Board
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Evan Tomquist, Board Member

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United Way
of Frederick County

Daybreak Adult Day Services exists for the sole purpose of providing a safe, structured environment and a flexible therapeutic program of services and activities with individual plans of care designed to permit older adults of Frederick County to remain in their homes and communities, living as independently as possible, with dignity and a renewed sense of purpose and hope.